BREAKING BARRIERS FOR CYSTIC FIBROSIS

TODAY’S DEDICATION

DAY 9: SATURDAY 9th SEPTEMBER 2023

CYSTIC
FIBROSIS
Australia

James

So, I was diagnosed at birth. I have a brother 7 years older than me who also has CF. When my parents were in the hospital, they bumped into the doctor who diagnosed my older brother with CF and my dad said we just had another son would you like to see him? He said Yeah sure, he then had a quick look at me and said, ‘Get that kid to the Royal Children's Hospital ASAP’. There I was diagnosed with CF, and I also had a blocked bowel. So, for the first 2 weeks, I was in a little incubator with my bowel outside my body trying to unblock it. This ended up all fine and I was home after a short stint at the Children's Hospital.

When I was 2, I had two inguinal hernias done on my stomach and then when I was 12, I had another done over the scar from when I was born.

My whole life I have been outside and allowed to be as absolutely normal as possible. My mum believed in physical therapy (running, sport, and most importantly jumping on the trampoline) so they ensured I was always active.

I played football, and cricket, and skateboarded all day and loved it all the time.

When I was 22, I had another 2 inguinal hernias done at the same time (do not recommend) but I wanted to get them both done and out of the way so I could make it back to play footy as soon as I could. The surgery from when I was born made it so that there were weak points in my stomach wall, and it never could get strong.

Until I started CrossFit in 2022.

I was always scared to work out in a closed area due to needing to cough up and spit.

In early 2022 I had some massive pains in my chest. I let it go for a few days but once I couldn't sleep anymore due to being so bad, I thought I better get to the hospital. When I got there at Monash it was still covid times and there weren't any beds for me unless I stayed in the ED.

At that point, I hadn't been looking after myself and had retired from all sports.

This was my turning point.

When I saw the people in the ED and thought ‘What am I doing here, go home and stop drinking, and partying, and start doing your meds!’.

From that day on I signed up at a mate's CrossFit gym (Wolfeden, shout out!)

I worked harder than I had ever done.

I listened to Hugh on the Resilience Project and found happiness, resilience, gratitude, and mindfulness in having CF in my life.

This changed my life for the better, I'm now at a steady 90% lung function and hospital check-up visits have been pushed to 6 monthly.

The other day I ran my first half marathon.

The other is that I was booked in to get surgery on my stomach again due to more hernias, but after doing CrossFit I no longer need any surgery because I have now strengthened my stomach muscles enough to close the hole in my abdominal wall.

One of the best things that has come of this is that my mental and physical health got so great that we were able to conceive on the first go and have our amazing daughter Lottie.

I guess I wanted to get my point across that you don't have to get the greatest start in life to have a massively fulfilling life.

Up to the age of 25, I had a terrible mentality and drank every weekend, and I thought stuff it I'm going to die early who cares I'll just live 10 lives till then.

Until I met my now fiancé who showed me there is more to life and if you look after yourself and do the right things you can live just as long as anyone. I now have so much to live for and do everything I possibly can to be around as long as possible.

A quick message to Layne Storrier: You're an absolute weapon. absolutely love what you're doing. This is huge and looking forward to cheering you on along the way. You're inspiring everyone to be great and for a great cause.

Run for those who can't!


GREAT STRIDES
Tempo